

S1 Table: Characteristics of individuals who participated in the follow-up study and individuals who did not participate in the follow-up study

	Individuals who did not agree to participate in follow-up study N=12,887	Individuals who agreed at baseline but did not participate in follow-up study N=3,337	Individuals who participated in follow-up study N=8,911
Age, mean (SD)	41.6 (15)	42.3 (15.2)	45 (15)
Female, %	62	64	61
Educational level^a, %			
Low	9	7	4
Medium	25	29	23
High	63	53	71
Other	2	2	2
Occupational status, %			
Employed or self-employed	64	65	66
Student	18	17	14
Unemployed	3	3	3
Outside labor market	10	10	13
Long-term sick leave	2	1	1
Other	3	4	4
Living alone, %	19	20	22
Baseline night-time smartphone users^b, %	59	64	55
Sleep quality, mean (SD)	2.7 (0.9)	2.9 (1)	2.8 (1)

^aLow education: Primary school, medium education: Upper secondary school or technical vocational education, high education: Short, medium, or high cycle higher education

^bReporting 'every night or almost every night', 'several nights a week' or, 'several nights a month or less'

